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Canada's homicide rate lowest since 1966: StatsCan

Eight per cent drop in 2013 **PAGE 12**

Social media can take a toll on you

Therapists see connection between social networking and self-judgment **PAGE 22**

SHE AND HIM AT IT AGAIN

ZOOEY DESCHANEL AND M. WARD TEAM UP ONCE MORE, THIS TIME FOR A COVER ALBUM **PAGE 20**



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THE CUP COMES HOME

Quarterback Bo Levi Mitchell of the Calgary Stampeders returns to Calgary on Monday after defeating the Hamilton Tiger-Cats to win the 102nd Grey Cup. See story, page 25.

JEFF MCINTOSH/THE CANADIAN PRESS

Legal action taken to block French school

Scenic Acres uproar. Filing comes on the heels of similar matter in nearby Varsity



JEREMY NOLAIS
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Members of a northwest community have taken legal action in a bid to block construction of a regional Francophone school on what they say is the last remaining green space in their neighbourhood.

The application for an injunction, filed by the Scenic Acres Community Association in early November and obtained exclusively by Metro on Monday, marks the second instance this year in which the courts have been brought into a matter involving a controversial Calgary school development.

The court filing aims to block construction of a 400-student school by the Conseil scolaire FrancoSud

board, which officials had hoped to open in fall 2016.

Scenic Acres residents contest that the Calgary Board of Education breached a portion of the Municipal Government Act when it deemed the park space surplus to its needs but didn't return it to the City of Calgary.

The CBE officially transferred the site to the control of the Francophone board in 2011.

"We use this land extensively; it's one of the most active parks in the city," said Jim Palmer, president of the community association.

"It's in the heart of the community."

The City of Calgary, Calgary Board of Education and Calgary Catholic School District are all listed as defendants on the Scenic Acres application, and representatives from all these organizations confirmed they were aware of the lawsuit.

Members of the Francophone board could not be reached for comment Mon-

day, but trustee chair Anne-Marie Boucher has said previously that her organization followed proper processes and that the school is greatly needed with a swelling student population in the city.

"Yes, we were surprised," she said when asked about the community uproar over the school in June.

"Usually, a school in a neighbourhood is good news.... It seems that some people think we're taking over the whole green space, but the space is supposed to be shared space."

The Scenic Acres plaintiffs seek an interim order prohibiting construction on the site, which officials have said they hoped to begin in January.

They're also appealing for a declaration that the CBE violated the Municipal Government Act and to have the land declared "municipal reserve" by the city.

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Tax relief, transit, snow clearing get a little extra

2015 budget. Council devotes half a windfall to tax cuts, other half to service improvements



ROBSON FLETCHER

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Instead of paying \$6.30 more per month in taxes next year, the average Calgary household will pay \$5.95 more, while the city will offer additional transit hours and sidewalk snow clearing.

That's the end result of a "compromise" budget finalized Monday after six days of deliberation that, on the sixth day, saw a surprise \$6.9 million in available annual funds revealed by chief financial officer Eric Sawyer.

"It could fund some other service; it could be used to reduce the tax rate," Sawyer said of the extra money, which came from revised estimates on how much the city must spend on employee benefit packages.

Ultimately, council decided to do a little bit of each.

About half the funds — \$3.4 million — will be used to trim



With an extra \$2 million in the budget, the city should be able to clear an additional 150 kilometres of sidewalk next year. METRO FILE

the 2015 tax hike to 4.5 per cent, down from its previous mark of 4.7 per cent.

Another \$2 million will be used to clear more sidewalks near major transit routes — a topic Coun. Brian Pincott raised last week.

"When you've got your buses out on the bus route but nobody can actually get to a

bus stop ... that's a problem," he said at the time, in a bid to boost the \$34-million snow budget by \$4 million to clear about 300 more kilometres of sidewalk each year.

Pincott said Monday he was satisfied with the budget being increased by half that amount, but he would press city staff to increasingly focus their snow-

and-ice-control efforts on sidewalks.

Council also approved increasing Calgary Transit's relatively lean 2015 budget by \$1.5 million to negate planned service reductions and accelerate service increases that had been set for 2016 to next year, instead.

Jeremy Barretto of Transit

Camp, a citizen group that advocates for public transportation, said the investment would partially close the gap between next year's budget and the target for service hours per capita in RouteAhead, the city's long-term transit-planning document.

"It'll be an improvement," Barretto said of the extra \$1.5 million, which brings Transit's operating budget to \$409 million in 2015. "Every little bit helps, but I think the broader issue is for council to commit to the targets that they've already committed to in RouteAhead."

Coun. Peter Demong pressed council to forgo any extra spending and devote the entire \$6.9 million to tax cuts, which would have reduced next year's property-tax increase by about 70 cents per month for an average household.

But, by a 10-5 vote, council opted for the compromise package.

Coun. Richard Pootmans, who voted in favour of the compromise, said the tax relief is admittedly small but still an important gesture to tax-weary Calgarians.

"It's not a huge sum, but I think it's a significant symbol," he said.

Tax increase proposal

3.3%

Coun. Sean Chu made a motion to cut next year's tax increase to 3.3 per cent (down from 4.7 per cent) without specifying where to reduce spending, leaving those decisions up to the city manager. It was voted down 13-1.

Heritage

\$35M

Mayor Naheed Nenshi made a motion to allocate "up to" \$35 million from the city's 2014 operating surplus (depending on how big that surplus ends up being) to create a City-Owned Heritage Building Preservation Fund. It was approved by a 14-1 vote.

Extra cash

\$6.9M

The amount of money council suddenly had to play with Monday after the city CFO revealed the budget overestimated obligations to employee benefit packages by about 1.7 per cent.

Property tax proposal

\$5.60

The average monthly increase to property-tax bills, had Coun. Peter Demong gotten his way and devoted the entire \$6.9 million in extra funds to tax relief. Council approved using half of that amount, meaning average tax hikes of \$5.95 a month.

Assistants

\$1.58M

The annual cost to hire one more staffer for each city councillor's office, plus one extra administrative position between them. Councillors approved the increase instead of expanding the size of council, saying the city's growing population means they need more assistants.



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1 NEWS

Province says 94 gay-straight alliances in Alberta schools

Support. Survey of 61 school boards shows a total of 1,400 support groups, 94 classified as GSAs, in the province



JEREMY NOLAÏS
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New data from the province suggests there are hundreds of school groups in Alberta designed to support diversity and LGBTQ community members and to protest bullying.

Alberta Education said Monday a survey of the province's 61 school boards, ordered by Education Minister Gordon Dirks, found 1,400 support groups already exist, 94 of which were classified as gay-straight alliances.

The information was supplied Monday, just as Premier Jim Prentice pre-empted a private member's bill that would guarantee students the right to form such an alliance in their school.

The Tories' Bill 10 also revokes the right of parents to pull their children out of class if sexual orientation is discussed, said Sandra Jansen,

the backbench MLA sponsoring the bill.

"We're moving forward incrementally," said Jansen, a longtime advocate of LGBTQ rights. "We have to get everybody on the same page on this."

Jansen said the government will push to raise awareness of gay-straight alliances with school boards.

"We are continuing to have those conversations, and I believe at the end of the day we're going to get to the point where there's no school in the province that will refuse (the alliances)."

The bill was signalled last

week by Prentice as a way to settle what he said was becoming a polarizing and unfairly divisive debate over how the province treats gay students.

The bill will amend Alberta's Bill of Rights to make it clear that Alberta respects the gay community but also respects parental rights.

To that end, it will allow students to form gay-straight alliances in schools but gives schools the final say on whether to allow them.

If the school says no, students can appeal to the school board and finally to the Court of Queen's Bench.

For his part, Dirks said

in an emailed statement to Metro that the data on support groups was "very encouraging" and a "clear indication that local school boards are providing important supports to students in their schools and communities and are meeting their responsibility of ensuring a safe, caring and respectful environment in our schools."

The Tory bill also amends a controversial section of the Alberta Human Rights Act that allows parents to pull students out of class when sexual orientation is taught.

Critics say the "sexual orientation" phrase stigma-

tized the LGBTQ community by implying it was a topic to be shunned.

Bill 10 was hurriedly drafted last week amid growing support for Liberal Laurie Blakeman's private member's bill, Bill 202.

Bill 202 would have given students the automatic right to create gay-straight alliances and, like Bill 10, would also no longer allow parents to pull children out of class when sexual orientation was taught.

Blakeman said Bill 10 will bump her bill off the Order paper because two bills on the same issue can't be debated in the house.

GSA students plan video, social-media campaign

As politicians in Alberta's capital debate the merits of gay-straight alliances, students at a Calgary school are busy plotting a video and social-media campaign to raise awareness about the benefits of such a group in their own community.

The campaign has a working title of #SafeAB and has been planned for months. The two dozen students involved in the gay-straight alliance at Forest Lawn High School have worked closely with representatives of Antyx Community Arts to storyboard, recruit and soon shoot their video.

Stephen Becker, the Forest Lawn alliance's teacher sponsor, said he's done his best to let the students steer the film's "creative element" but said he believes the goal is to "spread the positive message" about the

GSAs

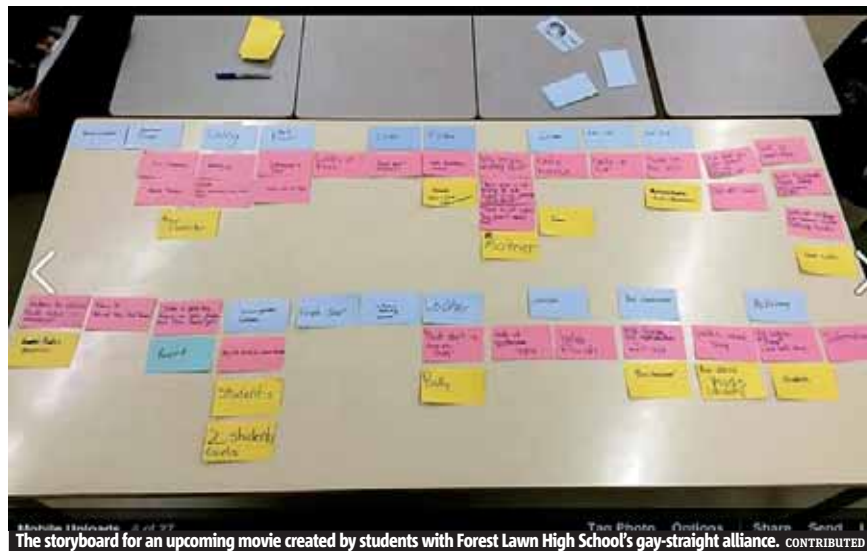
- The gay-straight alliance at Forest Lawn High School will be three years old this spring.
- People are still being recruited to be interviewed for the movie on Dec. 10 and 12 at Forest Lawn High School. Those wishing to take part can email Kevin Jesuino at kevin@antyx.org.

he said.

Kevin Jesuino with Antyx has been involved in the video project. He identifies himself as part of the LGBTQ community and said he wishes GSAs had been around when he was in high school in the late 1990s.

"Back when I was in school, which doesn't even seem that long ago, I remember there was one person that was fully out, and I was nowhere near being out," he said. "If I had the support system of a GSA, or if I knew there was a group like a GSA establishing this commitment to making schools safe and respectful — and that your gender, your identity, your sexual attraction had nothing to do with you being a stunt or part of the community — I think I would have felt safer."

JEREMY NOLAÏS/METRO



The storyboard for an upcoming movie created by students with Forest Lawn High School's gay-straight alliance. CONTRIBUTED

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Ice not so nice for Calgary Transit users

Forecast calls for ... delays. Icy conditions can mean unplanned detours, long waits

If this weekend's snowy dump taught Calgarians anything, it's that if you're riding transit, bundle up, hunker down and be prepared to wait: Icy conditions don't affect just car traf-

fic — buses have troubles, too.

This weekend Calgary was pummeled with snow, and what followed were some unpleasantly slippery conditions — the kind that turn roadways into skating rinks. Whenever there's a deep freeze, transit users can expect delays and even unplanned detours.

"Particularly in communities with hills, if a bus can't make it up a hill it goes on to a snow detour," said Ron Col-

lins, spokesman for Calgary Transit. "We don't know exactly where it's going to happen sometimes."

Instead of waiting around for a bus that may be delayed or never come, riders have several options: Checking Twitter and the real-time site, picking up the phone to call 262-1000, and teleride or teletext for real-time information.

Snowy delays are still frustrating for transit users. In an

email, Kendra Lockett said transit is hard to rely on when the weather is nice, let alone when it's -30 C and slippery.

"I'm lucky enough to have a (three-hour) time frame to which I get into work," Lockett wrote. "I couldn't imagine having to plan my day based on Calgary Transit's time."

Others are more sympathetic to delays. "Some people just don't seem to get that winter happens every year," said

Stephen Hersey in a Facebook message. "Of course there's gonna be bad road conditions. Delays and all that."

Collins said this time around there weren't too many issues with transit, but every time Calgary is hit with a storm they like to remind customers to expect the worst and to check back on their site and Twitter regularly to keep up to date on any major route changes. **HELEN PIKE/METRO**



Snow along bus routes is causing trouble for some riders. METRO FILE

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Officers rescue injured hiker stranded in snow

It was a bitter cold adventure for a handful of southern Alberta hikers over the weekend.

Alberta Mounties used snowmobiles to rescue the hikers stranded in deep snow and plunging temperatures in Kananaskis on the weekend.

Cpl. Tiffany McGregor says three men from High River and Okotoks had been hiking in the area since ear-

In Kananaskis

-35 C

Cpl. Tiffany McGregor says temperatures had dipped to about -35 C, but the men were wearing proper clothing and were cold but not hypothermic.

ly Saturday.

Late in the day, one of

them had trouble with his knees and could no longer walk.

Another man in the group walked two kilometres to a road where he was able to get cell service and call for help.

McGregor says police and conservation officers used snowmobiles to get the remaining pair out of the bush about 1 a.m. Sunday.

THE CANADIAN PRESS

Trans-Canada Highway

Young Calgarians killed in B.C. crash

Two young adults from Calgary were killed over the weekend after the car they were travelling in collided with a semi truck on the Trans-Canada Highway.

The incident occurred near Salmon Arm shortly after 8 p.m. Sunday, according to RCMP. Both the 18-year-old driver and 19-year-old passenger died at the scene. **METRO**

We are the champions

Grey Cup rally set for today

Fans eager to celebrate the Calgary Stampeders' Grey Cup win are being invited to a party Tuesday at Olympic Plaza.

The team flew back from Vancouver Monday morning, and will be on hand at Tuesday's rally.

The event, which goes from 11:30 a.m. to 1:30 p.m. at Olympic Plaza and the Municipal Plaza, is free to all Calgarians. **METRO**

Monday's Metro

Correction to Calgary Zoo story

The Calgary Zoo says a controversial ad was not posted to its Facebook page, nor was it removed by zoo staff. Instead, it was a paid advertisement purchased by the zoo that appeared on some people's news feeds.

Incorrect information appeared on page 6 of Monday's Metro. Metro regrets the error.

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Federal minister makes school pledge for 2015

Dollars inbound?

Public board says it needs nearly \$200M to erect all pledged educational facilities by 2018



JEREMY NOLAÏS
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Alberta's infrastructure minister was adamant Monday that recent schools pledged by the premier will be funded next year and open their doors on time.

"Funds would need to be advanced in 2015 and absolutely they will be," said Manmeet Bhullar. "What I'm saying is the funds necessary to build the schools will be funded when needed to ensure the schools are on time. I can't be more clear about this. The premier has been incredibly clear — these schools will be built, they'll be built within the time frame, simple as that."

Bhullar's confident remarks came days after the Calgary Board of Education published a letter from its six trustees warning of a potential rise in construction costs and appealing for nearly \$197 million by mid-2015 to ensure eight new schools and two modernizations pledged by Premier Jim Prentice in October will be ready.

The last of the schools, a mammoth-sized high school with a price tag in excess of \$50 million, would open in the city's southeast quad-

Funding education

Premier Jim Prentice recently pledged new funds to bolster existing schools and help build new ones.

- **Starter schools.** The Alberta government announced \$13.6 million for two district schools.
- **Looking ahead.** In addition, the government allotted \$4.2 million for modulars and initial design work on future schools.

rant in September 2018.

The CBE letter warned of a "significant risk" associated with a rush to build new schools in communities around the province.

"With many parties going to the market at the same time for completion in short order, recent tenders have come in 20 to 30 per cent above the construction cost estimates," the letter states.

But Bhullar said such cost escalations would be dealt with on a "case-by-case basis" and said declining oil prices could actually serve to slow down industrial construction and clear the path for school builds.

He said kindergarten to Grade 9 schools generally take three years to build but added, "We're working with the individual school boards to see which ones we can actually build sooner than three years."

"I think it was brilliant the way it (the funding) came



Alberta Infrastructure Minister Manmeet Bhullar says he remains confident that schools pledged by Premier Jim Prentice will be built in a 'timely manner.' METRO FILE

forward," said Mark Rawlek, the Calgary Catholic School District's superintendent of support services.

"The design part is al-

ways time-consuming ... if you have the design money to get ahead of it, then your turnaround (to open a school) is much shorter."

Dogs lend ears to young readers

Chestermere pups are listening in on readings of classics such as Charlotte's Web and Curious George, and their sharp hearing is helping children gain confidence when delivering the must-reads to a pawsitive audience.

It's called Listening Tails, a library program helping kids gain confidence in reading out loud by practicing in front of attentive dogs. It's a six-week endeavour, in which kids come in every week and read for 15

minutes in front of a dog and handler — no parents allowed.

The program launched in March and is such a success it's been expanded to East Lake School.

"More and more people are realizing how beneficial it is for their children," said Steve King, president and founder of Chestermere Therapy Dogs Society.

"Dogs, when they're read to, they're all non-judgmental. They're not going to pick up and criticize chil-

dren if they happen to say a word wrong."

He said parents who enrolled students in the library program saw marked improvement in their children's reading skills.

"Usually the dogs are kind of looking up at the kids as they read out loud," said Sheri-Dawn Guidolin. "It's actually quite cute to see."

Guidolin helps facilitate the library sessions, which have been getting roaring reviews since it started: five

out of five stars.

King sees a demand for the program in classrooms, giving students that teachers have deemed on the shy side a chance to shine.

He approached schools in March to be a part of the program, but most, though excited about the educational value, were nervous about allergies.

He hopes East Lake School will help get the ball rolling for others in Chestermere.

HELEN PIKE/METRO

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Financial picture casts doubt on pledge for post-sec funding

Declining oil prices.

Students concerned with government's language



LEAH HOLOÏDAY
Metro in Edmonton

Premier Jim Prentice's campaign promise to reinstate funding cut from Alberta's post-secondary institutions in 2013 is being drawn into question in light of declining oil prices.

Prentice made the commitment to restore the remainder of a \$147-million cut during an August forum in Edmonton, when he was vying for the Tory leadership crown alongside Thomas Lukaszuk and Ric McIver.

Since the cut, \$82.5 million of the funding has been restored, but at varying levels.

Now, students at schools hit hardest by the nine per cent total funding cuts are afraid declining revenues will

again leave the financial well-being of their institutions in the lurch.

"It's like, are you going to continue to make post-secondary the go-to budget cut, the one that bears the brunt of it?" asked Erik Queenan, president of the Students' Association of Mount Royal University. "If this continues to happen, the post-secondary system in Alberta is just going to deteriorate. They're talking about how they want to have a high-quality system that's affordable and accessible to students. Well, that costs money."

Prentice said just last week that his government is now anticipating prices of between \$65 and \$75 per barrel of oil, far less than originally projected.

But Don Scott, the province's minister of innovation and advanced education, insisted no decisions have been made when it comes to post-secondary funding in 2015.

"We're obviously facing a very challenging fiscal real-

ity with the price of oil being where it is. Alberta's economy is subject to market swings and changes with the global economy," he said Monday.

But University of Alberta Students' Union representative Navneet Khinda said it seems as if the government is trying to lower everyone's expectations.

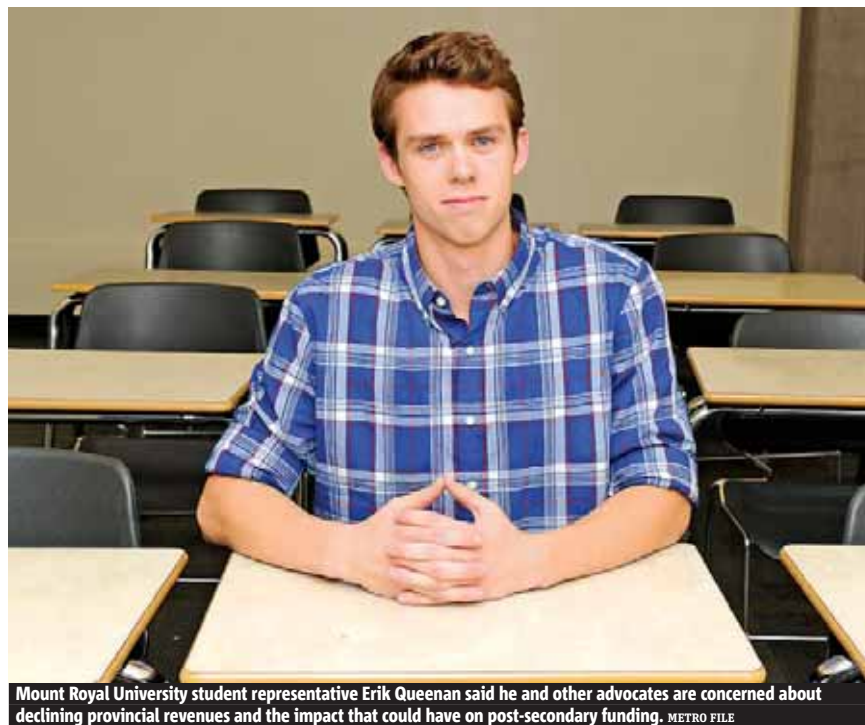
"The language is quite indicative of what the government is going to do in the future," she said. "That worries me a lot."

Two weeks ago, Khinda and fellow post-secondary students rallied at the Alberta Legislature to protest proposed market-modifier tuition hikes. Despite the students' showing, it seems the government is resorting to its old ways, she said.

"It's unacceptable that the changes in revenue, that fluctuate so much based on commodities, indicate the future of our education," she said.

"That's the first thing we're going to see get cut."

WITH FILES FROM JEREMY NOLAIS/METRO



Mount Royal University student representative Erik Queenan said he and other advocates are concerned about declining provincial revenues and the impact that could have on post-secondary funding. METRO FILE

United Way challenging Calgarians to 'make the month'



Calgarians can now get a sense of what it's like to live in poverty in the city, but from the comfort of our own homes, with Canada's first-ever online poverty simulator.

The tool, which can be found at makethemonth.ca, was released to the public on Nov. 17, and to date more than 10,000 people from around the world have attempted to

"make the month" while "living" in poverty. Only 11 per cent succeeded.

Kim Carson lasted 11 days. But living paycheque-to-paycheque isn't something new for the 21-year-old, who had to deal with tight monetary situations before graduating university.

"You can never get ahead. You use what little money

you have to meet your basic needs," Carson said. "If something happens ... you have no safety cushion for emergencies."

Calgarians who take the challenge have the option of living in poverty as a single person, a single parent or a new Canadian in the city.

They're then given a budget and forced to make de-

Partnership

The website was created through a partnership between United Way Calgary and Area, Imperial Oil and Park Digital.

cisions similar to those made on a daily basis by people in

poverty. If their money runs out before the month is over, the game ends.

"It opens our eyes to the reality that 10 per cent of people around us live this way," said Lucy Miller, president and CEO of United Way Calgary.

"It builds your understanding of what's available to support these people."

YASMIN JASWAL/FOR METRO

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Josh Glass, director of business and market development for Calgary-based Spotcast, shows off the BlackBerry version of his company's app on 9 Avenue SE in Inglewood. ROBSON FLETCHER/METRO

Local app hands deals via mobile

Spotcast. Customers around Inglewood get their discounts on their smartphones — In N.Y. and L.A., too



ROBSON FLETCHER
robson.fletcher@metronews.ca

Walk through Calgary's Inglewood community carrying a smartphone equipped with Spotcast and you'll get a lot of notifications these days.

In fact, just being near Inglewood will prompt the locally developed software named a Top 20 Must-Have App by Verizon Wireless to display a host of deals, events and messages from the unique neighbourhood merchants.

Mission

"We want to be that one place that people can go to really to experience what's happening around."

Josh Glass, director of business and market development for Calgary-based Spotcast

More than half the businesses along 9 Avenue SE use the app, said Spotcast director of business and market development Josh Glass, as part of a new partnership with the Inglewood Business Revitalization Zone (BRZ).

Businesses are already seeing it help "drive traffic to the neighbourhood," said Kelly Doody of the Inglewood BRZ.

"It's just an easier way for them to get their word out

than we've ever had before," she said of the software, which pushes real-time notifications to users within a certain radius of a store.

The two-year-old app counts thousands of users in Calgary, but has larger customer bases in New York and Los Angeles, Glass said, "because everybody loves apps out there."

He's hoping to grow the user base in Spotcast's home city with the partnership in Inglewood and a similar agreement with the Montgomery BRZ too.

Natasha Rogers of espy Experience on 9 Avenue said working with Spotcast has helped strengthen relationships with local buyers, too.

"This just seemed like a really great way to the community in another way and to support some guys who are from Calgary, as well," she said.

Crude oil. CNRL looking into possible causes of 60,000-litre pipeline spill

Canadian Natural Resources Ltd. said Monday that it's working with the Alberta Energy Regulator to find out what caused 60,000 litres of crude to spill from a pipeline in Northern Alberta.

The leak, near Red Earth Creek, Alta., was reported to the AER last Thursday.

"Canadian Natural is working together with the Alberta Energy Regulator while we con-

tinue to investigate the cause of the incident," CNRL spokeswoman Julie Woo said in an emailed statement.

The company and the regulator say there was a "mechanical failure" on the pipeline in an area some 375 kilometres northwest of Edmonton.

Woo says the leak has stopped and most of the product was contained on the company's land, with some ending

up along a nearby pipeline right-of-way.

The AER says there have been no reports of harm to wildlife.

In April, a pipeline owned by the company spilled 70,000 litres of oil and processed water in the region. The AER said at the time that the spill northwest of Slave Lake was not near any people, water or wildlife.

THE CANADIAN PRESS

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Homicide rates drop 8% in 2013: StatsCan

1.44 victims per 100,000 people. Crime rates also lowest since 1966, Statistics Canada says

The country's homicide rate fell last year to 1.44 victims for every 100,000 people, its lowest level since 1966, Statistics Canada reported Monday.

The agency said the 2013 rate was eight per cent lower than in 2012.

That follows reports that the overall crime rate also declined in 2013 compared with 2012, falling eight per cent to its lowest level since 1969.

Statistics Canada said last summer that the crime rate was continuing a long-term downward trend that began in the early 1990s. But the drop in murders and a falling crime rate overall haven't deflected the Harper government from its tough-on-crime agenda.

The Fraser Institute reported in September that police costs

The North

Nunavut, with 11.24 per 100,000, and the Northwest Territories, with 4.59, reported homicide rates higher than any province, while there were no homicides in Yukon.

have soared even as crime falls. And while police cost more, their workload dropped, the report added.

The latest statistics say police reported 505 homicides in 2013, down 38 from the previous year.

Statistics Canada attributes the overall decrease in homicides in 2013 to a drop of 40 deaths reported in Quebec after two years of higher-than-average numbers of homicides in the province. Quebec reported 68 homicides in 2013, representing a rate of 0.83 per 100,000 population, the lowest rate recorded in the province since reporting began in 1961.

Six provinces reported mod-

est increases in the number of homicides in 2013, although even with those increases, the homicide rates in nearly every province and territory were below their 10-year averages in 2013. The exceptions were Newfoundland and Labrador and Prince Edward Island, where the 2013 homicide rates were above their previous 10-year average.

Homicide rates continued to be generally highest in the West and the North. Provincially, Manitoba reported the highest homicide rate with 3.87 per 100,000 population, followed by Saskatchewan with 2.71, Alberta at 2.04 and British Columbia with 1.66.

Among metropolitan areas, Regina reported the highest homicide rate at 3.84 per 100,000 population, followed by Winnipeg and Thunder Bay.

Homicide rates were below the national average in Toronto and Montreal, with rates of 1.34 and 1.08 respectively. Vancouver, at 1.72, was above the national average. **THE CANADIAN PRESS**



Catharine Sloan



Lori Baldwin-Sands

Family feud or political fun?

For voters in the St. Thomas, Ont., area who might be weary of mean, nasty, personal campaigns that are short on substance, next year's federal election might hold a pleasant surprise. Municipal politician Lori Baldwin-Sands, pictured at right, has been acclaimed as the Liberal candidate in Elgin-Middlesex-London. Her daughter, financial-sector worker Catharine Sloan, pictured at left, has a shot at the Conservative nomination coming up on Dec. 6. Little chance here of the campaigns going negative, as mother and daughter say they are committed to fighting it out on the issues. **HANDOUT/THE CANADIAN PRESS**

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Right to housing. Landmark charter challenge quashed

Ontario's Court of Appeal has quashed a landmark charter challenge on the right of homeless Canadians to affordable housing.

But the divided decision by the three-judge panel, released Monday, leaves the door open to an appeal to the Supreme Court of Canada, say lawyers who launched the case in 2010 on behalf of four homeless and precariously housed Torontonians and an affordable housing advocacy group.

Janice Arsenault, a formerly homeless woman named in the case, and other applicants say Ottawa and Queen's Park are violating their charter rights to equality and "security of the person."

As a remedy, they are seeking a court order requiring the provincial and federal governments to develop provincial and national housing strategies.

But in her ruling for the majority, Justice Janice Pardu said their request "takes the court well beyond the limits of its institutional capacity."

Quoted

"Housing is a fundamental human right ... I'm involved in this case not just for myself. I want to fight for this right for my family, and for everyone in Canada."

Janice Arsenault, a formerly homeless woman named in the case.

The Superior Court justice who ruled in Sept. 2013 against the case going before a full hearing "was correct," she added.

Justice Kathryn Feldman, however, said the case raises important charter questions that "should be put before the court."

"It has been brought by counsel on behalf of a large, marginalized, vulnerable and disadvantaged group who face profound barriers to access to justice," she wrote in her dissenting view. "It raises issues that are basic to their life and well-being."

TORSTAR NEWS SERVICE

Shooting. Bibeau video may not be released: RCMP

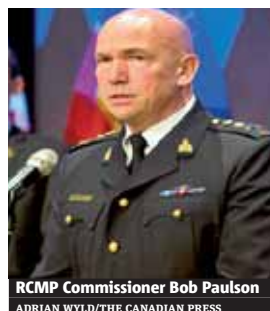
A video made by Michael Zehaf Bibeau before he staged his attack on Parliament Hill in October may not be released to the public after all, RCMP commissioner Bob Paulson said Monday.

The opposition New Democrats and Liberals criticized the top Mountie for withholding information that they said was in the public interest, especially since he has already spoken about it publicly.

But Paulson told a news conference on Monday that investigators still need a chance to complete a full investigation of the video, which police recovered in the wake of the deadly Oct. 22 rampage.

Paulson has said in the past that the video laid out Zehaf Bibeau's reasons for the attack, which took the life of Cpl. Nathan Cirillo as he stood sentry at the National War Memorial. Zehaf Bibeau himself was killed moments later in a gunfight inside the Centre Block building on Parliament Hill.

The commissioner had also indicated he wanted to see the video released publicly, but he now says that won't happen.



RCMP Commissioner Bob Paulson
ADRIAN WYLD/THE CANADIAN PRESS

Some version of its contents, such as a transcript, could be released later, he said.

"I had said that I hoped to release the video, but I think it forms a central part of the evidence ... I think we need to think thoroughly through the benefits and the merits of releasing the video," Paulson said.

Paulson earlier told a Senate committee that the video laid out a rationale for the attacks that was rooted in Zehaf Bibeau's religious beliefs and opinion of Canada's foreign policy. THE CANADIAN PRESS

Economic future?

Alta. premier urges national co-operation on pipelines

Alberta's premier is urging the country to get behind several pipeline projects linked to the province's oilsands, warning that Canadians will "feel the pain" if they aren't approved and built soon.

Premier Jim Prentice told an audience in Vancouver that energy development such as Alberta pipelines, and B.C. liquefied natural gas terminals will be at the heart of Canada's economic future. Prentice said the country's existing pipelines will be full by the end of the decade. Without increased capacity, producers would be forced to sell Canadian oil at discounts, he said, which would eat into government royalties and taxes.

The premier pointed to the Northern Gateway, Trans Mountain, Keystone XL and Energy East pipelines, which he described as "nation-building."

THE CANADIAN PRESS

Israeli-Canadian soldier

Woman may not be captured after all, says official

The federal government is now working on the assumption that the reported abduction of an Israeli-Canadian woman by Islamic militants may in fact be false, said a government official, who was not authorized to speak on the record. THE CANADIAN PRESS

Tories vs. Grits

Saga of secret audio recording continues

The latest episode of C.S.I. Canmore involves duelling forensic audio experts. Geoffrey Stewart Morrison, an academic and forensic audio specialist, is questioning analysis that backed the Conservatives' version of who said what in a secretly recorded conversation the party has used to pillory a Liberal candidate in Banff-Airdrie. THE CANADIAN PRESS



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Religious leadership. Mom wants tougher rules

Imposing rules on who can be called a religious leader is essential to combating radicalization in Canada, says the mother of a young man who was caught up in extremist Islam.

Young people too easily fall prey to those who declare themselves holy leaders but espouse ignorant and potentially violent views, Michelle Walrond told a Senate committee examining domestic terrorism.

Walrond told the senators her son became radicalized two decades ago by Muslim

leaders financed by foreign sources.

He reportedly stood up at an Ottawa mosque recently and declared that the October shooting of a young Canadian soldier at the National War Memorial was a heroic act.

"I'm totally convinced that if the alternative voice is presented with anything near similar footing, people will naturally be inclined to it," she said, adding people would not act outside their best interests nor Canada's.

THE CANADIAN PRESS

Succeeds Rob Ford

John Tory sworn in as Toronto mayor

The tumultuous era of scandal-plagued Rob Ford came to an end Monday as his successor officially took over as mayor of Toronto.

The first major business of the day for John Tory was a meeting with Premier Kath-

leen Wynne at the Ontario legislature.

Tory said it was "no accident" he began his mayoralty that way because he plans to fulfil a campaign promise to work with other governments. Tory was sworn in at a private ceremony Monday afternoon ahead of his inauguration Tuesday.

THE CANADIAN PRESS

Scientists revise theory on mastodon extinction



Grant Zazula, a paleontologist in the Yukon Paleontology Program, takes samples from mastodon fossils to be sent for radiocarbon dating in this undated handout photo. He is the lead author of a study that found the bones were almost 60,000 years older than first believed.

YUKON PALEONTOLOGY PROGRAM/CONTRIBUTED/THE CANADIAN PRESS

Cause of death.

Researchers believe the animals, which roamed the Yukon and Alaska, died due to global cooling

Scientists who re-examined the fossils of mastodons that once roamed what is now the Yukon and Alaska have changed their thinking and now believe global cooling likely wiped out the elephant's ancient cousin.

Earlier estimates dated the mastodon bones at about 14,000 years old, but a paleontologist in the Yukon Paleontology Program says radiocarbon dating puts the fossils at 75,000 years old.

Grant Zazula says that instead of dying off at the end of the ice age as first believed, mastodons are more likely to have migrated to the area

during a warming trend.

"We know that mastodons — which are relatives of mammoths and elephants — are not really well-adapted to cold conditions because their behaviour and their preferred habitats are forests. They eat forest-type plants," Zazula said.

One theory is that when humans moved in, they hunted the animals to extinction. Another theory suggests climate change at the end of the ice age wiped out dozens of species.

"We know with warming temperatures today, there are animals migrating northward as well. It provides a really interesting comparison from the fossil record of how these animals respond to global warming."

Zazula was the lead author of a mastodon study published this week in the scientific journal *Proceedings of the National Academy of Sciences*. THE CANADIAN PRESS



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Hong Kong protesters clash with police

A protester is arrested by police officers on Monday outside government headquarters in Hong Kong. Pro-democracy protesters tried to surround the building, stepping up their movement for genuine democratic reforms after camping out on the city's streets for more than two months. An electoral pummeling for Taiwan's pro-Beijing ruling party and a new spike in pro-democracy protests in Hong Kong have delivered a reality check to Chinese President Xi Jinping, just when he was riding a wave of high-profile diplomacy. VINCENT YU/THE ASSOCIATED PRESS

'Hands up. Don't shoot!'

Ferguson. Protests take place on football fields, at workplaces and in classrooms

Five NFL players entered the football field with their hands raised. A day later, Americans walked out of work or school, showing the same gesture of solidarity with Ferguson protesters after a grand jury decided not to indict the white officer who shot and killed Michael Brown, an unarmed black 18-year-old.

The pose has come to symbolize a movement, even though witnesses offered conflicting accounts of whether Brown had his hands up in surrender when he was killed by Darren Wilson.

Protests turned violent last week in the St. Louis area after a grand jury decided not to indict Wilson

Monday

President Barack Obama called Monday for \$75 million in federal spending to get 50,000 more police to wear body cameras that record their interactions with civilians.

for shooting Brown during an August confrontation, which has inflamed racial tensions across America.

The power of the symbol was evident again Monday. Protesters across the U.S. walked off the job or away from class in support of the Ferguson protesters. Walkouts took place in New York, Chicago, San Francisco and elsewhere.

At the University of Missouri-St. Louis, not far from Ferguson, about 30 students chanted, "Hands up. Don't shoot!"

THE ASSOCIATED PRESS

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Mother moved to find a better life, returned home with rags

India. After working in New Delhi for six months as a 'rag picker,' abandoned mother moves family back to West Bengal

Six months ago, Marjina stepped off a train in New Delhi with her two children, hoping to find a better life after her husband abandoned them without so much as a goodbye.

She thought leaving her home in West Bengal to find work in the Indian capital would give her children a chance at a better life. But the only job she could find was as a "rag picker" — picking through other people's garbage to find salvageable bits to resell or recycle.

It is filthy, dangerous

work, performed by millions of people across India. Rag picking is effectively the primary recycling system in India. But the work is by no means environmentally friendly, and very far from being secure. While the rag pickers offer invaluable services to the city, they have few rights. Every day, they are exposed to deadly poisons.

Marjina, who goes by only one name, and her children — daughter Murshida, 12, and son Shahid-ul, 7 — spent their days at a landfill in Gazipur, on the outskirts of New Delhi. The next morning they would sit outside their single-room shanty and sort the trash into metal, plastic and paper.

The children counted themselves lucky if they found a discarded toy or plastic jewelry to play with. The family earned just \$26 per month. Rent was \$9.



In this Oct. 17 photo, young waste pickers look for recyclable items at a landfill on the outskirts of New Delhi, India. Rag picking is effectively the primary recycling system in India. While the rag pickers offer invaluable services to the city, they have few rights and are exposed to deadly poisons every day. ALTAF QADRI/THE ASSOCIATED PRESS

The work took a toll on the family's health. Marjina's children were constantly sick. Her daughter contracted dengue fever and had to be hospitalized.

Prime Minister Narendra Modi recently launched a "Clean India" campaign asking people to help keep their surroundings tidy. But there were no benefits announced

for people like Marjina.

After months of poverty, illness and shame, Marjina and her children returned to that train station in New Delhi on Nov. 18, headed

Living conditions

Not wanting to raise her children in New Delhi, Marjina, an Indian mother of two, moved back to her home in West Bengal.

- Negligible difference. Despite a desire to avoid raising her children in New Delhi's trash, daily wage labour in West Bengal would earn her barely enough to survive.

back to an uncertain future in West Bengal.

"I do not want my children to die in this trash," she said.

Whatever awaits the family, Marjina said, it could not be worse than life as a rag picker in New Delhi.

THE ASSOCIATED PRESS



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Canadians expect debt in retirement: Survey

Home equity.

Ten per cent of polled expect to refinance home for retirement

Canadians may dream of retiring debt-free, but research done for Manulife suggests nearly 20 per cent of homeowners expect to lean on the value of their homes to finance life after work.

An online survey conducted for the financial services company found about half of the 2,373 respondents expected to still be in debt when they retire.

Of those polled, 10 per cent planned to borrow against their current homes, while about eight per cent were looking to downsize and use money from the sale of their home as income.

Using home equity as a "fall-back plan" suggests some Canadians are struggling to balance retirement with paying down debt, Manulife Bank CEO Rick

Night of the living debt

The Manulife survey also found that many still struggle with financial literacy. For example, one-quarter of respondents didn't consider mortgages or auto loans to be part of their overall debt. Older respondents were less confident in their retirement goals and about half planned to continue working full-time or part-time to extinguish their debt, the survey said.

Lunny said in an interview.

"If people think they're going to take out second mortgages and larger mortgages when they retire, that's a pretty concerning view and evidence of no financial plan whatsoever," Lunny said.

Manulife's findings come after years of warnings from the Bank of Canada and the federal Finance Department that many people are still

amassing too much debt.

Throw in concerns that Canada's housing market may be overpriced, and the likelihood that interest rates will rise in the coming years, and several additional levels of risk could be introduced into the financial equation.

"Canadians have been lulled into this sense of security because they're paying three per cent or less on their mortgages, but that could change very quickly," Lunny said.

Taking advantage of housing wealth in retirement isn't necessarily a bad decision, suggested Thomas Davidoff, an assistant professor at the Sauder School of Business in Vancouver.

"What I think, arguably, would be crazy is to live a meagre retirement and not have tapped an enormous asset," he said.

"It really depends on how important it is for you to leave wealth to your heirs, and how nervous you are about surprise expenditures." **THE CANADIAN PRESS**



Selling internet cookies

Girl Scouts Bria and Shirell practice selling cookies on one of two new digital platforms. For the first time in nearly 100 years, Girl Scouts of the USA is allowing its young go-getters to push their wares using a mobile app or personalized websites.

THE ASSOCIATED PRESS/GIRL SCOUTS OF THE USA

TFW program

Foreign workers need path to permanence: CFIB

The Canadian Federation of Independent Business is calling on Ottawa to replace its controversial temporary foreign worker program with a visa that would provide a path to permanent residence for entry-level employees from abroad.

THE CANADIAN PRESS

Market Minute

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Attitudes changing. Chinese gay dating app launched

In a country where the government considers any activism dangerous and where homosexuality has traditionally been taboo, Ma Baoli has managed to build his business partly by reaching out to government agencies and showing them he can provide a public service in spreading safe-sex messages.

"None of our public aware-

ness websites can receive such attention. This is a very important channel to be able to spread information about AIDS prevention among the LGBT community," said Wu Zunyou, director of the Chinese Center for Disease Control and Prevention's AIDS and sexually transmitted diseases centre. **THE ASSOCIATED PRESS**

Jobs' posthumous words to be heard in iPod trial

The wheels of justice

"The fact that this case is still going 10 years later is a sign that technology often outpaces law."

Mark Lemley, Stanford law professor

A billion-dollar class-action lawsuit over Apple's iPod music players heads to trial on Tuesday in a California federal court after nearly a decade in legal wrangling.

Attorneys for consumers and electronics retailers claim Apple Inc. used software in its iTunes store that forced would-be song buyers to use iPods instead of cheaper music players made by rivals.

The software is no longer used, but the plaintiffs argue that it inflated the prices of millions of iPods sold between 2006 and 2009 — to the tune of \$350 million. Under federal antitrust law, the tech giant could be ordered to pay three times that amount if the jury agrees with

the estimate and finds the damages resulted from anti-competitive behaviour.

Underscoring the case's hoary origins — it was filed in January 2005, which is eons ago by Silicon Valley standards — one of the key witnesses will be legendary Apple CEO Steve Jobs, who died in 2011, but will

be heard in a videotaped deposition.

In 2003 Apple quickly became the world's biggest legal seller of downloaded songs after launching its iTunes store. Apple encoded the songs sold through iTunes with FairPlay "digital rights management" software that prevented unauthorized copying. FairPlay was also built into iPods.

But FairPlay was incompatible with anti-copying code used by other online music sellers. As a result, songs purchased on iTunes could not be played on competing portable devices. This prevented competition that would have driven down iPod prices, plaintiffs say.

THE ASSOCIATED PRESS

Data theft. Inside info to play market

The cybersecurity company FireEye has unearthed a team of email intruders that snoops through the correspondence of company executives who may possess market-moving information.

FireEye said the team has carried out attacks against nearly 100 publicly traded companies or their advisory firms in possible attempts to play the stock market.

FireEye said the group sends convincing "phishing lures" to its targets. The lures entice their targets into opening a document and entering their credentials, gives the group access to private email correspondences.

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VOICES

THE SPECTACLE OF SPORT

Bunnies in bikinis shovelling ice shavings at NHL games, squawking victory dances for getting a ball over a line at the NFL— this is the modern game, folks



PAUL SULLIVAN
readers@metronews.ca

There's a line. And somebody always crosses it.

For me, it's ice girls at NHL games. Nothing more readily demonstrates the low to which pro sports will go than dressing up a bunch of young women in bikinis and sending them out onto the ice on skates with shovels to clean up around the goalie nets during stoppages in play.

I'm not sure who started it, but nearly every team in hockey now exploits its own ice girl squad, presented in varying degrees of absurd, degrading skimpiness. Something about bare skin and ice just says "kinky". Hard to resist.

It's not as if anyone has tried (resisting, that is). Go to any pro sports game, and especially if you don't get around much any more, you'll be amazed. Not in a good way.

It's as if the owners are consumed with anxiety that their sport, at least in its unadorned state, is boring, so they have to extreme-tart it up. Fans can easily pay \$800 for a pair of tickets, so we need to give them their money's worth. Cue the spectacle.

There's not a second of dead air. The moment Phil Kessel ices the puck, the ice girls come flouncing out, shovels at the ready. Meanwhile, some DJ is using an airgun to fire treats



Tim Thomas of the Dallas Stars stretches while an ice girl skates past in this file photo. RONALD MARTINEZ/GETTY IMAGES

such as rolled up T-shirts into a rabid crowd screaming "Gimme Dat" so loud it drowns out "Go Team Go". Over at the penalty box, the team mascot is mauling some delighted fan to Pitbull at 120 decibels, while the Jumbotron

features the tonsil hockey tournament up in the nosebleeds.

I'm amazed that nobody seems to mind paying \$800 to be so infernally distracted. Not only do they not mind, fans and players are willing

co-conspirators. Fans are strategically rude to the visiting team, and proud of it. In Seattle, the idea is to make so much noise that the other NFL team can't hear itself call the play, so the players end up violating the rules of procedure in various complicated ways. This boorish behaviour is called "The 12th Man" because NFL teams have 11 players, unlike CFL teams, which have 12 and have to resort to the 13th man.

Football players, all of whom make more money than you or I will ever see in our lifetimes, like to celebrate doing their jobs with all kinds of dances and pantomimes. It's as if I just finished that last sentence and liked the phrase "dances and pantomimes" so much I did the bird dance around the desk while squawking "I am the greatest."

Of course, every square inch of the arena or stadium not required for crowd control or used in the actual game is plastered with advertising. The innovation of electronic signage makes it possible to bombard the senses with hundreds of flashing images of sequential sponsors. You can run (to the concession stand, bwa-ha-ha!) but you can't hide.

About the only throwback to the good old days is when a fight breaks out on the ice.

Say what you will about all these newfangled innovations, but give me the spectacle of 19,000 people screaming as one for blood. Now that's hockey.

Cetaceans in captivity

Last week the Vancouver Park Board narrowly voted against a proposal to ban captive breeding at the city's aquarium. Metro's Kristen Thompson talks to a cetacean-rights activist and an aquarium biologist to get their opposing views

BREEDING PROGRAMS NO EXCUSE NOT TO FREE WILLY

Jeremy Larivee runs an animal-rights group called Ocean Voice in London, Ont., with a focus on the plight of whales and dolphins.

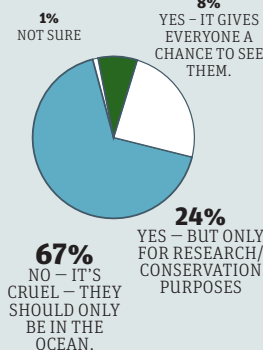
What oppositions do you have for keeping whales and dolphins in captivity? These are sentient beings that are highly sophisticated and have complex family structures. They range multiple miles in a day, they hunt, they play in the open ocean. Yet we have ... two or three in tanks. Exhibits don't resemble their natural habitat. They have no rocks. They get fed dead fish. They don't even get to hunt. You are taking away their basic instincts. And it's all for human entertainment.

Is there a need to keep them in captivity in some cases? If it was a true

rescue. To me it (would be) bringing the animal in, rehabilitating it, and re-releasing it into the environment. If it can't (be re-released), why can't we move to a sanctuary model in the ocean where they feel the natural rhythms of the tide, the water, what it feels like to be in the ocean? Study them in their natural habitat.

People often compare places like MarineLand with aquariums. Do you think there are differences or are they equally harmful? They are both exploiting animals for human entertainment. We need to look at alternative ways to learn about these animals. You can learn more by watching a documentary or go on whale-watching tours and see these majestic animals in their natural environments.

WE ASKED:
SHOULD WHALES & DOLPHINS EVER BE KEPT IN CAPTIVITY?



Dr. John Nightingale is a biologist and the president and CEO of the Vancouver Aquarium, which describes itself as a non-profit conservation organization deeply committed to conserving aquatic life.

Why is there a need for cetaceans in captivity? The Arctic (is) being impacted by the changing climate and other human activities at an unprecedented rate ... in a part of the world with very few scientists. (Our work) has led to groundbreaking research that bridges from the aquarium to the wild. Dr. Valeria Vergara's work in the aquarium on mother and calf contact calls, which she has currently applied with wild beluga whales in Canada's Arctic, is effective because techniques and analysis were

worked out at the aquarium first. This research may help save Canada's belugas as they are threatened by impending shipping traffic and related shipping noise.

What misconceptions do people opposed to cetaceans in captivity have? Each aquarium has a unique mandate. Vancouver Aquarium's (staff) have five decades of experience in cetacean care, research and rescue efforts. The decision on how to continue with Canada's cetacean research and rescue efforts should be left in the hands of Canada's experts and based on facts and science. By all measures — behaviour, stress and other medical tests, and general activity — beluga whales in our care are thriving.

She & Him swap notes

Music. Zoëy Deschanel and M. Ward, a.k.a. She & Him, talk tough cover songs as the duo release their new collection, *Classics*

The musical duo She & Him — that's Zoëy Deschanel and M. Ward — convened a 20-piece orchestra to make *Classics*, a collection of songs written between 1930 and 1974.

It's an eclectic list of compositions popularized by the likes of Frank Sinatra, Herb Alpert, the Righteous Brothers and Dusty Springfield. So we thought it would be fun to talk to the artists about songs that stick out in their minds for various reasons.

A song you'd like to cover but intimidates you

Ward's choice: This Is Radio Clash by the Clash. It's one of his favourite bands, but he doesn't think it's in his vocal range. "There is a certain attitude to their music, and to the Ramones' music, that I think is untouchable," he said.

Deschanel's choice: Paris 1919 by John Cale. "I don't think I could pull it off," she said.

A song from the last 20 years or so that will someday be seen as a classic

Deschanel's choice: Open up Your Door by Richard Hawley. She also loves Hawley's Tonight the Streets Are Ours. "I'm a huge fan," she said.

Ward's choice: Kool Thing by Sonic Youth. He's moved by the guitar and contribution from Public Enemy's Chuck D. "The future of music is combining things that don't



Zoëy Deschanel, left, and M. Ward from She & Him. AUTUMN DEWILDE/THE FUN STAR/THE ASSOCIATED PRESS



really belong together," he said. "That's what the best artists have been doing since time began."

A song that's been unfairly trapped in its time

Ward's choice: Lovers Rock by Sade. "The record is pretty timeless, and I think she gets put in a bubble of '80s music because of Smooth Operator," he said.

Deschanel's choice: I Like It by DeBarge. "The song is

really well written and versatile. I think it would actually make a great country song," she said. Honorable mention is Mariah Carey's All I Want for Christmas Is You. "I would really like to hear it without those keyboards."

The hardest song you've ever had to sing

Deschanel's choice: Sleight Ride, written by Leroy Anderson. (The Andrews Sisters recorded the first vocal version in 1950.) "It seems like it would be simple, but it changes keys twice in the bridge so it's quite difficult," she said. "In spite of its trickiness it's worth it because it's a fantastic song."

Ward's choice: The Red and the Black by Blue Oyster Cult. He still has nightmares about the time Mike Watt invited him onstage to cover it, and it turned out to be much

faster than he remembered.

Favourite song to do from the new album, Classics

Ward's choice: Oh No, Not My Baby, written by Gerry Goffin and Carole King. "It's my favourite blend of strings and brass that I've ever produced," he said. "It reminds me of some of my favourite productions by George Martin or Phil Spector — producers whose music I could listen to forever."

Deschanel's choice: Unchained Melody, written by Alex North and Hy Zaret. Recording vocals with the Chapin Sisters made it a treat. "We recorded it live with three microphones in the same room and did only one take," she said. "There's something very special about not just recording a song, but a single moment in time as well." **THE ASSOCIATED PRESS**

Listen to this



SOUND CHECK
Alan Cross
scene@metronews.ca

Do the Damage/ Noel Gallagher's High Flying Birds



The elder Gallagher's next album won't be out until March, but we've already been granted a second look at what it might sound like. If *Do the Damage* is any indication of what's coming, all should be well.

Around Again/ Phil Selway



Radiohead has just started recording their new album. Meanwhile, though, their drummer is trying to do a Dave Grohl — and damn if this isn't some fine stuff. The video is very, very pretty, too.

Knock You from Yr Mountain/ Elephant Stone



This Montreal band is now up to their third album and I've enjoyed every one. Please let The Three Poisons be their breakthrough.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Melissa Rivers tweets on her dead mom's coat tails



NED EHRBAR
Metro in Hollywood

I've got a social media etiquette quandary for you: What's the policy for making use of a loved one's Twitter account after they've passed away? What if that person is a hugely famous comedy pioneer?

Fans of Joan Rivers got quite a shock over the U.S. holiday weekend when the comedienne started tweet-

ing again, three months after she passed away. It turns out it was just her daughter, Melissa Rivers, taking over the account.

Since then, Melissa has been posting mostly about trips to the theatre with her son, Cooper, and the same tweets have been duplicated to her own account.

But here's the thing: Joan's Twitter account has 2.2 million followers, while Melissa's has just 231,000.

She does know you can change the display name, right? And the photo? It won't even affect the follower count, if that's what she's worried about. You don't have to make it look like Joan Rivers is tweeting from beyond the grave.

Boyega's trooper uniform in new Star Wars trailer sparks a storm of racism

The first face to pop up in the new Star Wars trailer was that of British actor John Boyega, apparently donning an Imperial Stormtrooper uniform.

Granted, we know basically nothing about the plot of the new film, or what his character is doing dressed like that, but some people

already have a problem with it. Racist people, mostly.

Well, Boyega is taking the high road, if cheekily.

He posted a thank you to massive outpouring of fan support so far and, at the end, tossed in a pitch-perfect, "To whom it may concern ... Get used to it."



John Boyega ALL PHOTOS GETTY IMAGES

Tattooed fan rolls the dice that ball droid is good guy

Speaking of Star Wars, think your response to the first teaser for The Force Awakens was big? Well, time to raise your fanboy game, because this guy has everyone beat.



Star Wars ball droid

Barely two days after the trailer hit the Internet, 22-year-old Arizona Instagram user Jordan Breckon went out and got the new ball droid featured in the clip tattooed on his leg. Now that's dedication.

Here's hoping the robo-character turns out to be important to the story.



Amanda Bynes

Amanda Bynes' parents are Uber protective of her

This maybe isn't exactly the kind of celebrity endorsement the folks behind Uber were thinking of, but hey, you take what you can get.

Amanda Bynes' parents have reportedly started using the app as a compromise to both let their troubled daughter do her own thing but still keep tabs on her.

"Amanda's mom, Lynn, set up the Uber car service

on her daughter's cellphone," a source tells Radar Online.

"Uber can take Amanda anywhere she needs to go and it's paid for out of Amanda's estate, since her mom has conservatorship.

"This allows Amanda to have independence. But at the same time, her parents can track where she goes."

Man, wait until they find out about Find My iPhone.

Twitter



@realDonaldTrump

Bill Cosby is foolish, stupid, or getting bad advice in remaining silent if he is innocent. Probably guilty! Not a fan.



@JuddApatow

The cast and crew of the Cosby Show has been silent. They must be stunned. Or not stunned at all.

Cuba sits tight during nightclub scuffle, then gets back to 'being all skeezy'

Oscar-winning actor Cuba Gooding Jr. was just trying to have a nice night out at NYC's Tao nightclub recently, but some young punks nearly ruined all his fun.

"Cuba was sitting at this table hitting on girls all night," a source tells the NY Daily News.

"These four rich kids, who were maybe 21 or 22, started hitting on these girls at the promoter's table

and (the girls) weren't having it."

A fight soon broke out between said promoter and the young upstarts, but Gooding "just sat there doing nothing," according to the source.

"Cuba barely reacted while girls were getting shoved around."

And when security finally had the situation under control, "he got back to being all skeezy and hitting on girls."



Cuba Gooding Jr.

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Mental wellness.

Social media can run havoc on our self-worth. Is it possible to have a healthy online experience?

BEE
QUAMMIE
life@metronews.ca

Jessica Johnson, 29, had a love-hate relationship with social media — she loved connecting with people but often ended up feeling bad about her own life.

“Selfies are fun until you start over analyzing your looks,” she says.

“Facebook is fun until you see amazing things happening for friends that aren’t happening for you. It’s easy to measure yourself based on Instagram likes and Twitter followers, too.

“When you really think about it, it doesn’t make sense. But in the moment, it really affects you.”

Johnson is among roughly 73 per cent of adults online who use a social-networking site of some kind, according to Pew Research Centre’s 2013 Social Media Update Project.

And while these sites have become ingrained in our society, their effects on emotional wellness are often overlooked.

According to a range of studies, the negatives can outweigh the positives.

Sweden’s University of Gothenburg examined the link between Facebook usage and self-esteem, and their findings revealed strong negative correlations between the two.

As participants’ Facebook interactions increased, their self-esteem decreased.

A study at Western Illinois University, meanwhile, ad-



It is important to always remember that what you see online is a mere snapshot of someone else’s life. iStock

ressed the connection between social media and narcissistic behaviours. Study results confirmed that Facebook provides the perfect environment for narcissists, who have “a pervasive pattern of grandiosity, need for admiration and an exaggerated sense of self-importance.”

“What people choose to present about their lives online — or anywhere, really — is not the full picture of their existence,” say clinical therapists Corrine Carter and Melissa Kroonenberg of New Roots Therapy in Whitby, Ont.

“Thus, when we compare ourselves to others’ lives online, we end up comparing the full scope of our experience with only a segment of others.”

Carter and Kroonenberg, who often deal with clients who are experiencing emotional issues due to social media problems, also urge people to

connect with the deeper meanings behind their reactions on social media.

They say investigating why social media makes you feel the way it does can reveal a lot about your emotional well-being.

“If you can connect with the underlying meaning of the situation, you can use that to take action and move toward what’s important to you, rather than focusing on the self-judgment itself, which diminishes your worth,” add Carter and Kroonenberg.

Johnson says it took her time to balance her emotional health with being an avid social media user.

“I started getting motivated by others’ good news on Facebook instead of being jealous. It feels great to have accomplishments of my own to share. And when it really gets to be too much, I take a break

Healthy Likes

Therapists at New Roots Therapy in Whitby, Ont., offer tips for maintaining healthy social media intake.

- **Don’t compare.** Even if we could compare ourselves to the full picture of someone else’s life, the comparison leads to a sense that our self-worth is conditional, and is tied to external factors. This leaves us with less control over our own experience.
- **Motive.** Ask yourself, “What do I want to get out of using social media?” By getting clear on your goals, you’ll be better able to determine when social media exposure may be impacting your stress levels and self-esteem.
- **Breaks.** Make a point of taking breaks from the world of social media in order to connect with your immediate surroundings.
- **Take a hint.** Instead of letting self-judgment take over, use it as a cue that something in the situa-

tion is connected to your underlying values and be curious about what those underlying pieces are.

altogether.

“Social media really shouldn’t affect your self-

esteem as much as it does. But if it’s going to, I want it to be in a positive way.”

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Recent 'Duh!' moments in science

Didn't we know that? These recent discoveries are kind of stating the obvious

EVA
KIS
Metro In New York City

Scientists do vital work but sometimes, it seems like they could stand to step outside of the lab and look around.

Time is necessary to eat well
People who spend more time preparing and cooking meals are more likely to have healthier diets, says a new study, while those who spent the least time on food preparation also spent the most money on food away from home and were more likely to eat at fast food restaurants.

"We've known for a long time that cooking and being able to prepare your own food is associated with eating a healthier diet ... but there actually isn't much research in the area," Pablo Monsivais said.

Monsivais and his team, from the Centre for Diet and Activity Research at the University of Cambridge, used survey information from 1,319 participants in the Seattle Obesity Study, conducted from 2008 to 2009.

People who spent the most time cooking meals consumed at least eight servings of fruit and 13 servings of vegetables



People who spend more time cooking seem to be more likely to consume fruits and vegetables. ISTOCK

per week, the authors found. Those who spent the least amount of time preparing meals ate on average six servings of fruit and just under 11 servings of vegetables per week.

You're more likely to try again if you feel responsible for failing

If at first you don't succeed, and you think you can control the outcome, you're more likely to persist, suggests a new study.

Using brain scans, researchers found different brain areas activated in response to a setback if the failure was per-

ceived as something under the person's control versus a random or uncontrollable cause, and blaming oneself led to greater persistence.

What distinguished this study from similar research since the 1970s is the discovery that different areas of the brain respond to a setback depending on where blame seems to lie. That result suggests that a sense of control or lack of it leads to calculations about whether to try again through two different types of thought processes, the researchers concluded.

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To be sure this product is suitable for you, always read and follow the label.

Even a simple marinade elevates chicken

One Step Marinated Chicken Breasts. Here is a way to ensure this often-dry piece of meat remains juicy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Does antibiotic-free, dipped in breading, deep-fried, sandwiched in 100 or so calories of white sugar, white flour bread and spread with 50 or so calories of mayo beat plain old Canadian chicken?

Fast food needs to be a sometimes solution and deep-fried has gotta go.

The more often you choose single, recognizable ingredients the better off you are. It is that simple.

It is true that antibiotics are used as approved by Health Canada and the Canadian Food Inspection Agency.

Chicks are weaned off feed containing antibiotics to be sure that there are no residues by the time they hit the store shelves.

Organic chickens are fed organic feed without antibiotics unless there is an illness and then those chickens are separated from the group.

Unless and until we are all raising our own poultry or have access to a farmer who does, you have to choose the best you can in each eating

Ingredients

- 4 chicken breasts
- 2 tbsp grapeseed oil
- 1 tbsp Za'atar spice mix
- 1 tsp garlic powder
- 1 lemon, divided into 2
- Pinch sea salt



This recipe serves four. THERESA ALBERT

situation.

Whatever chicken you buy, keep these tips in mind:

- Buy a whole chicken to get the best price per pound (cutting into pieces incurs labour).

• Save time and money by purchasing a whole chicken, cut it up and prep the pieces into easy dishes and then freeze or refrigerate until ready to cook.

• You'll find more fat and calories in legs, but also more iron.

• Bones and fat add flavour; buying cuts without them adds cost.

• Chicken cooked with the skin on stays more moist

and isn't higher in calories. You still have to toss the skin but use it during cooking to keep your chicken moist.

There's a reason chicken is the No. 1 protein in Canada: it's affordable, loaded with protein, and delicious no matter what cuisine you are into at the moment.

One Step Marinated Chicken Breasts

1. Place 4 breasts in freezer bag and add marinade of

your choice (Za'atar spice mix and lemon is one suggestion), reserving 1/2 lemon. Freeze. Thaw before continuing.

2. Empty into a baking dish and microwave for 10 minutes to partially cook and speed the process. Bake at 350 F for 25-30 minutes.

3. Squeeze 1/2 lemon over chicken and sprinkle with sea salt.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

Baked, crispy Greek flavours

While fried chicken is delicious, it is time consuming and not the best choice nutritionally. So instead bake this crunchy coated chicken and serve it with a tzatziki-style sauce.

1. Preheat oven to 400 F (200 C). Line a baking sheet with foil; lightly grease.

2. Cut chicken pieces in half crosswise. Place 1/4 cup (60 ml) milk in bowl; whisk in mustard, salt, pepper. Place bread crumbs and oregano in shallow

dish. Working with 1 piece of chicken at a time, dip in milk-mustard mix followed by bread crumb mix, rolling and coating well. Set on foil-lined baking sheet. Bake 25 minutes, turning halfway through, until chicken is golden and cooked through.

3. Meanwhile, in skillet, melt butter over medium heat. Add garlic; cook 1 minute. Sprinkle with flour; whisk to combine. Gradually whisk in remaining milk. Bring to boil and reduce heat. Whisk 3 minutes until

Ingredients

- 4 boneless, skinless chicken breasts
- 1-1/2 cups (375 ml) milk, divided
- 2 tbsp (30 ml) honey Dijon mustard
- 1/2 tsp (2 ml) each salt, pepper
- 1 cup (250 ml) panko bread crumbs
- 2 tbsp (30 ml) dried oregano
- 1 tbsp (15 ml) butter
- 2 cloves garlic, minced
- 1 tbsp (15 ml) all-purpose flour
- Finely grated zest from 1 lemon
- 1/3 cup (75 ml) crumbled Canadian feta
- 1/3 cup (75 ml) chopped dill
- 1/3 cup (75 ml) finely diced cucumber

smooth. Stir in lemon zest, feta, dill and cucumber. Serve

chicken with sauce spooned over top. MILKCALENDAR.CA

Mitchell: 'I have no idea how they fixed that'

Back home. Stamps show Calgary fans Grey Cup — in one piece

The Grey Cup arrived in Calgary in one piece. It was the Stampeders who looked worse for wear.

Quarterback Bo Levi Mitchell's eyes were half-open and the voice of head coach and general manager John Hufnagel cracked as players and coaches rolled off a pair of buses at McMahon Stadium on Monday just past noon.

The Stampeders had claimed the 102nd Grey Cup less than 24 hours earlier in Vancouver, where Calgary defeated the Hamilton Tiger-Cats 20-16 at B.C. Place.

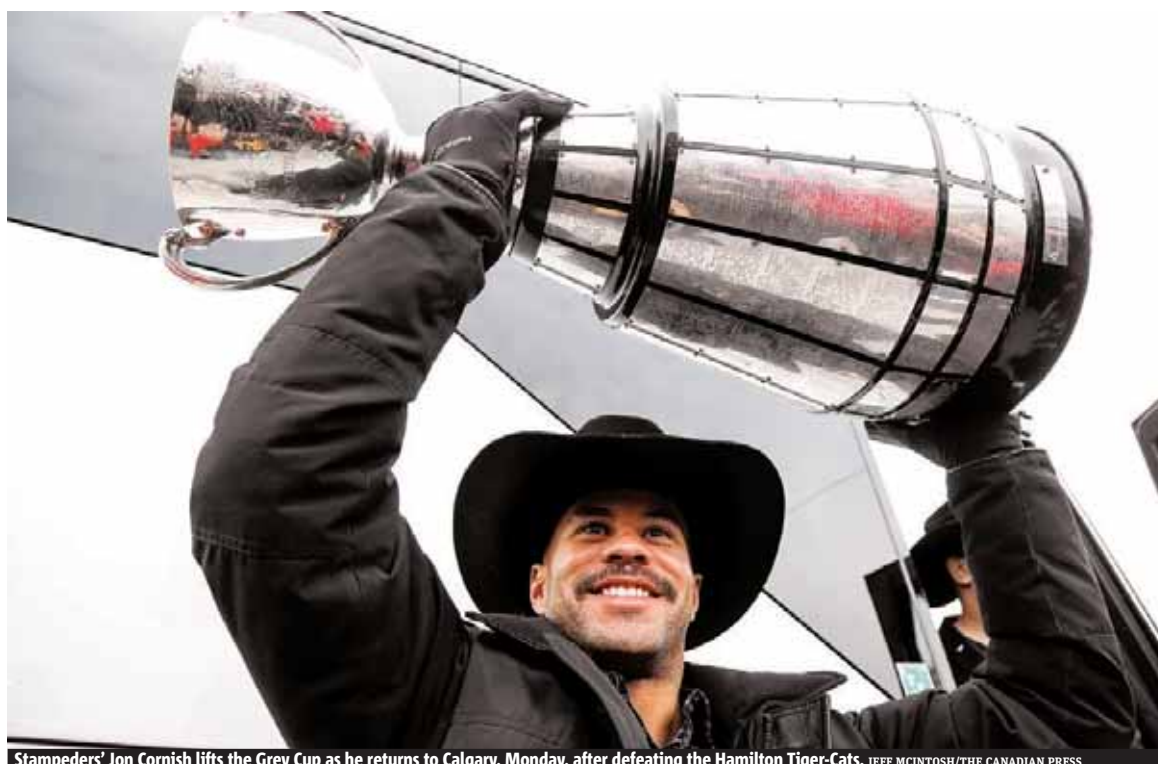
The team flew in the morning via charter from the West Coast to frosty Calgary, where they were greeted by fans, including one dressed as Santa Claus, and their snow-covered cars in McMahon's parking lot.

The historic silver trophy that had separated into two pieces during post-game celebrations was back together and hoisted repeatedly. The cup was back on its base and the players were hazy on its reassembly.

"How did we fix it? I have no idea how they fixed that," said Mitchell, the Grey Cup's MVP. "They had some tape on it at first. I don't even know what happened to it. Hey, it's a hundred years old right?"

The City of Calgary will host a downtown celebration for the Stampeders on Tuesday.

"I've only had one other Grey Cup win as the head



Stampeders' Jon Cornish lifts the Grey Cup as he returns to Calgary, Monday, after defeating the Hamilton Tiger-Cats. JEFF MCINTOSH/THE CANADIAN PRESS

coach," Hufnagel told assembled media. "This is for the players. They went through way too much stuff from you guys, believe me, from you guys. I'm very pleased they were able to exorcise all that."

"It was an exciting day, an exciting night. You cannot understand how pleased I am for the players."

"It's a satisfying feeling putting all that work in for six months in the off-season and five months during the season,"

Mitchell said. "Hopefully it's the first chapter in a very long book. That's what I'm really hoping."

The quarterback estimated he'd slept half an hour since winning the Grey Cup., linebacker Juwan Simpson said an hour. Most of that shut-eye was on the flight back to Calgary.

"Once the plane landed, guys got right back energized," Simpson said. "I expect it will be an interesting few weeks in Calgary." **THE CANADIAN PRESS**

Seven seasons, two cups

The Hufnagel reign

The Stampeders have compiled the CFL's best regular-season record over their seven seasons under Hufnagel at 88-37-1. Calgary has posted the best single-season record in the CFL, or

tied for it, five times.

But not so much playoff success. Calgary won a Grey Cup in Hufnagel's first year at the helm in 2008, but after that the Stampeders were defeated by Saskatchewan in three division finals (2009, 2010, 2013). The Stampeders also lost the 2012 Grey Cup to the host Toronto Argonauts.

TV viewership down for Grey Cup game



A Stampeders fan watches the opening ceremony at the 102nd Grey Cup on Sunday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

The television ratings for Sunday's 102nd Grey Cup between the Hamilton Tiger-Cats and Calgary Stampeders were down slightly from last season.

An average of 4.1 million viewers tuned in to TSN to watch the Stampeders edge the Ticats 20-16, according to preliminary data from the audience measurement firm Numeris.

That was down from the 4.5 million who watched last year's game between Hamilton and Saskatchewan.

Overall, more than 10 mil-

Untuned

2M

Sunday's 102nd Grey Cup had an average of 4.1 million viewers watching it on TSN. That's two million short of the record 6.1 million viewers who watched the Riders beat the Alouettes 28-27 in 2009.

lion Canadians tuned in for some portion of Sunday's game, 1.5 million fewer than last season.

Audience levels peaked at 5.1 million — 400,000 fewer

than 2013 — late in the game as Hamilton mounted a fourth-quarter comeback that stalled when Brandon Banks' touch-down return was nullified due to a penalty.

The Grey Cup record average of 6.1 million viewers was set in 2009 when the Montreal Alouettes defeated Saskatchewan 28-27.

That game was played shortly after the introduction of a new ratings measurement system that has seen sports TV ratings skyrocket.

THE CANADIAN PRESS

4 SPORTS

Backstop Fucale figures to be front and centre

WJC. QMJHL will have fair share of supporters when world juniors get underway in Montreal

While Connor McDavid will be the star, he will likely share the 2015 world junior championship spotlight with

goaltender Zach Fucale.

Fucale will not only be one of the local boys, he is also a Montreal Canadiens draft pick and will have a huge cheering section when Canada opens the tournament Dec. 26 at the Bell Centre against Slovakia.

"There's pressure everywhere, whether it's in junior or anywhere you step on the ice," the Halifax Mooseheads

NHL roster freeze

Still unclear is whether some 19-year-olds currently playing in the NHL will be loaned to Team Canada. The clubs have until the Dec. 19 NHL roster freeze to decide.

goalie said Monday as Hockey Canada released a list of 29

players invited to the team selection camp that opens Dec. 11 in Toronto.

"We're living the moment and we don't really have time to think about it. We just try to get ready for the games."

Canada finds itself in a five-year gold medal drought — and two years without any medal at all. It hopes to end that by icing a team of mostly 19-year-old players, at least

seven of whom are returning from last year's tournament.

All are 19 except McDavid, the 17-year-old phenom who is expected to go first overall in the NHL draft in June. The Newmarket, Ont., native broke a bone in his right hand in a fight Nov. 12, but he is expected to skate with the team in camp and be ready for the tournament.

THE CANADIAN PRESS



Zach Fucale in Montreal on Monday
THE CANADIAN PRESS



NBA

Spurs spank still-winless Sixers

Kawhi Leonard scored a game-high 26 points and had a crucial three-point play in the final minute to help the San Antonio Spurs defeat the winless 76ers 109-103, extending Philadelphia's franchise-worst losing streak to start the season to 0-17.

The Spurs (13-4) played without stars Tim Duncan (rest) and Tony Parker (shoulder) but San Antonio had little trouble dispatching Philadelphia.

THE ASSOCIATED PRESS

NBA

Wizards rampage on Heat in D.C.

Washington made its first seven three-pointers while holding Miami to 2-for-22 from beyond the arc for the game, and John Wall finished with 18 points and 13 assists to lead the Wizards past the Heat 107-86 on Monday night.

Rasual Butler scored 23, and Marcin Gortat added 15 points and 10 rebounds for the Wizards, who never trailed and led by 21 in the first half and 25 in the second.

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Lightning zap Rangers

Rangers goalie Henrik Lundqvist makes a third period stop on Tampa Bay Lightning bruiser Brian Boyle on Monday night in New York.

Brett Connolly's second goal of the game during a third-period power play lifted the Lightning to their third straight win over the New York Rangers, 6-3. BRUCE BENNETT/GETTY IMAGES

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You can't solve a personal problem until you admit it exists. However, you will discover the solution is easy. It was there all the time but you did not let yourself see it.

♉ Taurus

April 21 - May 21

You cannot be on good terms with everyone all of the time — even a good-natured Taurus will fall out with friends and loved ones once in a while. But it's no big deal.

♊ Gemini

May 22 - June 21

You will need to be tough, maybe even ruthless, to protect your interests against those who would like to see you fail.

♋ Cancer

June 22 - July 23

You will be called upon to make a daring decision that only you can get away with. You have a wealth of good ideas but do you have the drive and the determination to do something with them?

♌ Leo

July 24 - Aug. 23

You don't have to be nice if you feel someone is trying to hustle you. The best way to protect yourself is to go on the attack!

♍ Virgo

Aug. 24 - Sept. 23

The planets urge you to focus not on the things you want but on the things you need — and yes, they are different.

♎ Libra

Sept. 24 - Oct. 23

You may be wondering if you would be better off in a different place with a different group of people. Maybe you would, but don't make any hasty decisions.

♏ Scorpio

Oct. 24 - Nov. 22

There is no point throwing yourself at something you simply don't enjoy doing. The planets indicate it may be time for a change — and a big change at that.

♐ Sagittarius

Nov. 23 - Dec. 21

You may have good reason to be annoyed with a certain individual but is it worth the effort and the anguish? Probably not.

♑ Capricorn

Dec. 22 - Jan. 20

The task you have set yourself may be tough but you will find success. Nothing and no one can beat you, so long as you remember that challenge and opportunity are two sides of the same coin.

♒ Aquarius

Jan. 21 - Feb. 19

You will have to make a choice between two equally desirable things today — and, no, you cannot have both.

♓ Pisces

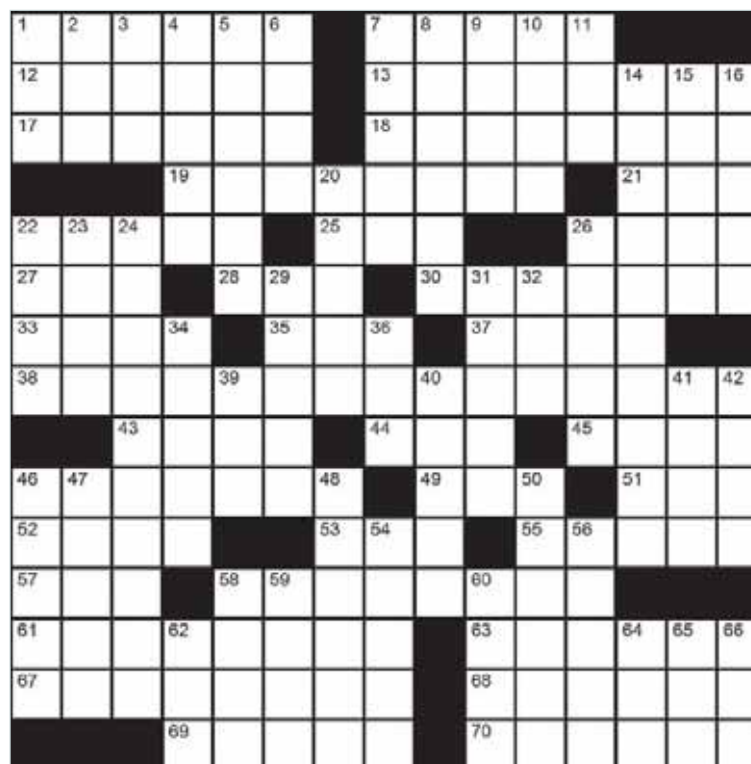
Feb. 20 - March 20

The Sun in Sagittarius has a tendency to make you fret about your career but there is no need. Whatever changes happen will be good for you.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Newfoundland dish, Fish and ____
7. Byes, in Italy
12. Like the kids in Canuck comedy "Meatballs" (1979): 2 wds.
13. Dolores ____ (Teacher at Hogwarts)
17. Establishment for pampering Fido: 2 wds.
18. The four largest satellites of Jupiter
19. ____ Playhouse (Theatre in Winnipeg since 1914)
21. "To ____ is human."
22. Female fortune-teller of ancient times
25. French season
26. High hairstyle
27. Restaurant chain, ____ Friday's
28. 'A' in ETA, briefly
30. Make the knife more cut-worthy
33. Golden gymnast Ms. Korb
35. Hesitant sounds
37. Vase's handle
38. Planned attention-getting events: 2 wds.
43. Fats Domino hit: "____ That a Shame"
44. Ms. Benatar
45. Indisputable
46. Type of sleeveless shirt: 2 wds.
49. Calgary International Airport code
51. New Zealand parrot



52. Needs manners
53. Kanga creator's monogram
55. Moulding styles
57. Pique
58. Pattie ____, Justin Bieber's mom
61. Theatre Passe ____, in Toronto

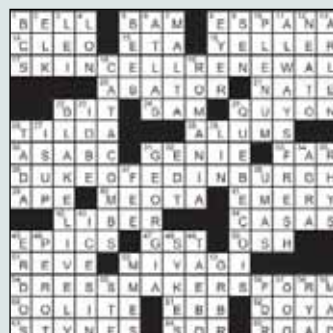
63. Gain
67. Contagious disease in early Canadian history
68. CTV crime drama
69. City in Iraq
70. Noisily napped

- sound!
2. Traveller's li'l way
3. 'Outer'-meaning prefix
4. Like a nest-living stinging bug
5. Antelope of Africa
6. Traverse
7. Bandleader Xavier

8. Pictures
9. Fit
10. "____ it Memorex?"
11. ____ vous plait (Please, in French)
14. Natural gas project off Nova Scotia's coast: 2 wds.

15. Avant-____
16. Company in 2001 headlines
20. Country songstress Ms. Clark
22. Halt
23. 'Snow house' in Inuktitut
24. 1930s and 1940s in music history: 3 wds.
26. Bear, in Latin
29. Right-hand page
31. Impulsive
32. Emmet
34. Comparable
36. 'Vaseline' rock gr.
39. Percentage on a chg. card
40. "I've succeeded!": 2 wds.
41. Squirrel's spot
42. Tasman and Sargasso
46. Clips
47. Gold, in Latin
48. Paleness
50. T-Shirt material
54. Singer/pianist, ____ Ray Joel
56. Spanky & Our Gang's "Like to ____ Know You"
58. Ben Mulroney's mom
59. Swiss peaks
60. Highland hats
62. Western prov.
64. Televisé
65. 'Impress' suffix
66. "The Simpsons" character Mr. Flan-ders

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 5 | 9 | 6 | 7 | 3 | 8 | 2 | 1 |
| 8 | 3 | 2 | 1 | 9 | 5 | 6 | 4 | 7 |
| 7 | 6 | 1 | 8 | 2 | 4 | 5 | 9 | 3 |
| 6 | 2 | 3 | 5 | 8 | 9 | 1 | 7 | 4 |
| 5 | 8 | 4 | 2 | 1 | 7 | 3 | 6 | 9 |
| 9 | 1 | 7 | 3 | 4 | 6 | 2 | 5 | 8 |
| 1 | 9 | 8 | 7 | 5 | 2 | 4 | 3 | 6 |
| 3 | 4 | 5 | 9 | 6 | 8 | 7 | 1 | 2 |
| 2 | 7 | 6 | 4 | 3 | 1 | 9 | 8 | 5 |

Conceptis Sudoku

By Dave Green

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 9 | 1 | 4 | | | |
| | | 9 | | | | 6 | | |
| | 5 | | | 3 | | | 2 | |
| 4 | | | | | | | | 9 |
| 2 | | 6 | 1 | 8 | 5 | 7 | | 3 |
| 5 | | | | | | | | 2 |
| | 6 | | | 5 | | | 3 | |
| | | 2 | | | | 4 | | |
| | | | 8 | 7 | 6 | | | |

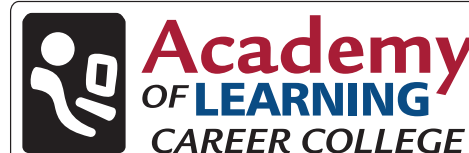
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North Hill Centre

Southeast

Chinook Centre

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Southcentre Mall

1288 42nd Ave. SE

4410 50th Ave. SE

4825 Macleod Trail S

6039 Centre St. S

6100 Macleod Trail S

7825 Flint Rd. SE

Southwest

Bankers Hall

Bow Valley Square

The Core

Shawnessy Shopping Centre

Westbrook Mall

Westhills Town Centre

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2008 33rd Ave. SW

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